



Faculty and Staff Wellness Program Resources

Try - A - Trail

Try -A- Trail gets faculty and staff excited about physical activity by encouraging them to try new trails and share their experiences with the rest of the faculty and staff.

How It Works

Each time a participant tries a new trail or walking route they fill out a Try -A- Trail form and put it in the Try -A- Trail box. To reward participants, regularly draw names out of the box and award winners with prizes. After the drawings post all entries on a bulletin board so everyone can learn about the new trail. Each trail can only be entered once per faculty member but they can enter as many different trails as they would like.

Sample Try -A- Trail Form

Try - a - Trail

Instructions:

Select a trail to try in Utah County (Or a new route to walk). You can locate some on www.utahwalks.org

Walk or hike for one mile or more between September and November.

When you try a trail fill out this form below and put it in the “try - a - trail” box located in the staff lounge. All forms will be entered into a drawing that will be held during a staff meeting in November.

Complete the following information:

Name _____

Trail Name or route walked_____

Distance Traveled _____

Describe something you enjoyed about this trail
